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THE LEMON GROVE REVIEW

Vol. 51, No. 10

Short 'explodes' as she leads two local girls to BMX titles

by Roland Short

Erika Short spent her Labor Day weekend in Louisville, Ky riding her bicycle to a National Bicycle League title in the Girls 9-year old class.

Ashley Recklau, nicknamed "The Ripper," from Lakeside also won a National #1 title for 12-year old girls.

In 1997, Recklau was voted the #1 girl rider for the American Bicycle Association when she won all national competitions that she entered.

As for Short, her trip to the championship race started in January when she competed in her first NBL National race.

After racing six national events during the year, she had tied points for the distinguished #1 plate.

The 1998 NBL Grand Nationals is the final race of the year, where 15 girls in her age bracket showed up to compete for the title.

Short completed three qualifying races on the first day (Saturday) and had enough points to transfer into a semi-main event. The next morning she took 3rd in her semi and earned a gate in the main event with seven other top riders. Any four of the eight riders could claim the #1 plate, it all depended on how the riders came across the finish line.

Short was up for the race and "exploded" out of the gate and moved into the front of the pack. She had 1,250 feet to the finish line and no room for error.

It was over in less than a minute and she took the first place win and the title.

Bicycle Motocross is nothing new to her as she had her first race as a 4 year old and was hooked on the sport.

Short had become interested in the sport after watching her then 8-year old brother race and she began competing nationally the following year with the American Bicycle Association (ABA).

With the ABA, she was nationally rated at #3 as a 6 and 7 year old and #4 as an 8-year old. She also held World Cup titles in 1996 and 1997.

In the BMX circuit, she is known as "Exploding" Erika. The nickname comes from her ability to get rapid starts out of the gate.

The young lady knows a championship title doesn't come easy or by doing it alone.

She gives credit to the Good Lord for giving her friends, parents and product sponsors that have made the difference.

She thanks ATI that supplies her with grips, pads and number plates; Trek who keeps her looking good in race clothes; Nike that outfits her with race shoes and Chris King, who dis-

Continued on Page 3

Nine-year-old Erika Short shows off some of the riding form that has enabled her to win the BMX championship the last three years

Photo by Roland Short

Grossmont Hospital offers spiritual-caregiving training

To help East County faith communities provide spiritual care to their sick or shut-in members and to recruit volunteer chaplains for the hospital, the Center for Spiritual Care at Grossmont Hospital is offering a class, "Interfaith Spiritual Caregiver Training." The class is offered from 10 a.m. to 5 p.m., Saturday, in the Grossmont Hospital auditorium, 5555 Grossmont Center Drive, La Mesa. The cost is $25 and includes lunch.

The Rev. Donald B. Stouder, supervising chaplain at Grossmont, will teach the class. Training will cover assessing spiritual needs, basics of hospital visitation, active listening, crisis intervention, working with death and dying, cultural differences and pastoral theology.

The class is open to all persons, clergy or lay, and may be taken for personal enrichment, to enhance the ministry in one's own faith community or to qualify to be a volunteer chaplain at Grossmont Hospital. The hospital currently is recruiting volunteer chaplains who may be lay or ordained persons.

"Grossmont Hospital has used qualified and committed volunteer chaplains to provide for the spiritual needs of our patients for more than 25 years," Stouder said. "I encourage folks who think they have the interest and the gifts to do this work to apply for our program."

Volunteer chaplains agree to complete the training program, work with a mentor and then volunteer one day per month for three to five hours. Scheduling is flexible and can meet the needs of most working persons.

For more information about the Interfaith Spiritual Caregiver Training and the Volunteer Chaplain Program, call the Center for Spiritual Care at 644-4170.

Lemon Grove Fire Log

Sept. 7, 1998
1800 blk. Winnett St. Rubbish fire.
7900 blk. North Ave. Back pain.
3200 blk. Olive St. Medical aid.
3200 blk. Alford St. Possible stroke.
7600 blk. Broadway. Alarms ringing.
7200 blk. Broadway. Chest pains.
Hwy 94/Massachusetts Ave. Vehicle accident freeway.
6900 blk. Central Ave. Unconscious.
6800 blk. Cedral Pl. Residential structure fire.

Sept. 8, 1998
3200 blk. College Pl. Medical aid.
2700 blk. Buena Vista Ave. Miscarriage.
3600 blk. King St. Medical aid.
1400 blk. Madera St. Possible coroner's case.
Hwy 94 EB/Grove St. Vehicle accident freeway.
3400 blk. Main St. Seizure.

Sept. 9, 1998
3100 blk. King Arthurs Ct. Odor of natural gas.
Massachusetts Ave./Mt. Vernon St. Traffic accident.
Hwy 94 Overpass/Barcelona St. Vehicle accident.
Hwy 94 WB/College Grove Way. Vegetation fire.
3400 blk. Trophy Dr. Residential structure fire.
8100 blk. Broadway. High blood pressure.

Sept. 10, 1998
6700 blk. Central Ave. Overdose.
1800 blk. Dayton Dr. Flooding.
6900 blk. Central Ave. Fall.

Sept. 11, 1998
3200 blk. Main St. Evaluate for the Sheriff.
3200 blk. Main St. Special service.
7000 blk. Broadway. Alarms ringing.
3200 blk. Main St. Head injury.
Washington St./Alton dr. Evaluate for the Sheriff.
7100 blk. Waite Dr. Assault victim.

Sept. 12, 1998
7100 blk. Cabernet Way. Suicide/attempted suicide.
1600 blk. Larwood Rd. Laceration.
Washington St./Alton Dr. Person down.
2200 blk. Tyler Ct. Medical aid.
3700 blk. Massachusetts Ave. Difficulty breathing.
7300 blk. Broadway. Person down.
Lemon Grove Ave./Palm St. Auto vs. pedestrian.
3200 blk. Harris St. Seizure.

Sept. 13, 1998
1400 blk. La Corta Cir. Abdominal pains.
3200 blk. Olive St. Medical aid.
2500 blk. Crestline dr. Medical aid.
7900 blk. Palm St. Alarms ringing.
3200 blk. Olive St. Medical aid.
3700 blk. Massachusetts Ave. Fall.
Hwy 94 Overpass/Kenwood Dr. Vehicle accident freeway.
Bancroft Dr./Golf Dr. Evaluate for the Sheriff.
3500 blk. Bancroft Dr. Laceration.
3700 blk. Massachusetts Ave. CPR in progress.
2300 blk. Berry St. Medical aid.
8100 blk. Broadway. Unconscious.
2800 blk. New Jersey Ave. Flooding.

Sept. 14, 1998
7400 blk. Broadway. Overdose.
400 blk. Main St. Unconscious.
2200 blk. Massachusetts Ave. High fever.

Sept. 15, 1998
7000 blk. Broadway. Dizzy.
Hwy 94 WB/Lemon Grove Ave. Vegetation fire.
3300 blk. Main St. Evaluate for the Sheriff.

Sept. 16, 1998
100 blk. E. Lexington Ave. Move up.
7900 blk. Palm St. Alarms ringing.
7400 blk. Orien Ave. Chest pains.
7900 blk. Palm St. Alarms ringing.
Palm St./Skyline Dr. Vehicle accident.
7400 blk. Broadway. Single-engine response.

The Lemon Grove Review

Box 127, Lemon Grove, CA 91946 • (619) 469-0101

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All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.
Only publication of an advertisement shall constitute final acceptance.
Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

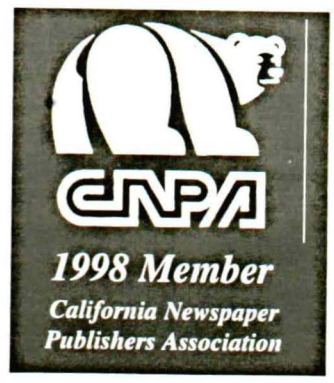
Lemon Grove Almanac

1994 Population:	**25,100**
Incorporated:	**1977**
Area:	**3.75 sq. mi.**
Median income:	**$34,399**
1996-97 city budget:	**$26.3 million**
1996 taxable sales:	**$265 million**

Mayor:	**Mary Teresa Sessom**
Council:	**Thomas Clabby**
	Craig Lake
	Dwight Shelley
	Jill Greer
City Manager:	**Doug Yount**
Planning Director:	**Linda Niles**
City Attorney:	**Gloria McLean**
City Clerk:	**Christine Taub**
Sheriff's Capt.:	**Yolanda Collins**

Congressional district:
52nd - Duncan Hunter
State Senate district:
40th - Steve Peace
State Assembly district:
77th - Steve Baldwin
Supervisorial district:
2nd - Dianne Jacob

Libraries:	1
Post offices:	1
Parks	4
Recreation centers	1



PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE TS No. 19989058600957 Loan No. 1467279 FHA/VA/MI No. 2182088 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 11/02/1993. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 10/27/1998 at 10:00 A.M., Lonestar Mortgagee Services, L.L.C., as duly appointed Trustee under and pursuant to Deed of Trust recorded 11/18/1993, as Instrument No. 1993-0779393, in book ---, page ---, of Official Records in the office of the County Recorder of San Diego County, State of California, Executed by: Earl S. Salisbury, III, and Lisa M. Salisbury, husband and wife will sell at public auction to highest bidder for cash or cashier's check (payable at time of sale in lawful money of the United States) at the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA. (Note: Cashier's check(s) must be made payable to Lonestar Mortgagee Services, L.L.C.) all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: As more fully described in the above mentioned Deed of Trust. APN # 576-060-53-00. The street address and other common designation, if any, of the real property described above is purported to be: 7059 Russan Lane Lemon Grove, California 91945. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is $86,203.85. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. Lonestar Mortgagee Services, L.L.C., as Trustee. Sylvia Loredo, Authorized Signature. Address: 15000 Surveyor Boulevard, Suite 250, Addison, Texas, 75001. For Trustee's Sale information please call: 916-387-7728. Date: 10/06/1998. LONESTAR MORTGAGEE SERVICES, L.L.C. IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. ASAP334630 10/06, 10/13, 10/20

Notice of Trustee's Sale Loan No. 10117810 T.S. No. 98-65415CA FHA/VA No. You are in default under a Deed Of Trust dated June 30, 1997. Unless you take action to protect your property, it may be sold at a public sale. If you need an explanation of the nature of the proceeding against you, you should contact a lawyer. On October 13, 1998, at 10:00 A.M., Advanta Nominee Services, Inc. as duly appointed trustee under and pursuant to Deed Of Trust recorded 7-8-97, as Inst. no. 1997-0321943, of official records in the office of the county recorder of San Diego County, State of California, executed by James A. Love and Louise E. Love, husband and wife as joint tenants as Trustor, will sell at public auction to highest bidder for cash (payable at time of sale in lawful money of the United States) at the front steps of the County Courthouse 220 West Broadway, San Diego, CA all right, title and interest conveyed to and now held by it under said deed of trust in the property situated in said county and state described as: A.P.N. 577-310-01-00. The street address and other common designation, if any, of the real property described above is purported to be: 1571 Skyline Drive, Lemon Grove, California, 91945. The undersigned trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s), secured by said deed of trust with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed Of Trust, fees, charges and expenses of the trustee and of the trusts created by said Deed Of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of initial publication of the notice of sale is $112,990.34. The Beneficiary under said Deed Of Trust heretofore executed and delivered to the undersigned, a Written Declaration Of Default And Demand For Sale, and a written notice of default and election to sell. The undersigned caused said notice of Default And Election To Sell to be recorded in the county where the real property is located. This is an attempt to collect a debt, and any information obtained will be used for that purpose. Date: 21 Sep 98 Advanta Nominee Services, Inc Trustee, by: Specialized, Inc., as Agent for said Trustee 4180 Via Real #B Carpinteria, CA 93013 (805) 684-1424 (805) 684-8430 By: I. Weber, Trustee Sale Officer P112422 9/22 9/29 10/06/98

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 700131 Loan No. 0013700270 Title Order No. 2021526-T25 APN 479-051-02-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/11/91. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 10/21/98 at 10:00am, California Reconveyance Company as the duly appointed Trustee under and pursuant to Deed of Trust, Recorded on 12/13/91, Instrument 91-606496[illegible] of official records in the Office of the Recorder of San Diego County, California executed by: Dwight D. Wineteer, an unmarried man, as Trustor Great Western Bank, a federal savings bank, as Beneficiary Will sell at public auction to the highest bidder for cash (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At the South entrance to the County Court house, 220 West Broadway, San Diego, CA all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California described as: The property heretofore described is being sold "as is". The street address and other common designation, if any of the real property described above is purported to be: 7321 Ninth Avenue, Lemon Grove, CA 91945. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: $87,411.45 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. California Reconveyance Co., 9401 Corbin Avenue, Mail Stop: N 01 0, 01, Northridge, CA 91324, (916) 387-7728. Deborah Bragnac, Vice President. Date: 9/21/98 ASAP334667 09/29, 10/06, 10/13

NOTICE OF PETITION TO ADMINISTER ESTATE OF MAXENE TWAY CASE NO. P173158

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of MAXENE TWAY
A PETITION FOR PROBATE has been filed by ARLENE WATTERS in the Superior Court of California, County of SAN DIEGO.
THE PETITION FOR PROBATE requests that ARLENE WATTERS be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on OCT 19, 1998 at 1:45 p.m. in Dept. 35, located at: 220 W. BROADWAY, San Diego, CA 92101.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
Petitioner:
ARLENE WATTERS
2027 DARTMOOR DR
LEMON GROVE, CA 91945
(619) 698-0082

Lemon Grove Review
Oct. 1, 6 & 8, 1998

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Box 127, Lemon Grove, CA 91946

New!

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ONLY FIVE BOLD WORDS Items are limited to 30 words or less. Phone numbers count as one, hyphenated words as two. Our current *Tuesday Live* circulation is at least 5,000 per week.

Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

New
Garage sales OK
send 10 days ahead

YARD SALE, OCT. 10, 8 a.m. Spring Valley Historical Society, 9050 Memory Lane.

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Oldsmobile, 1984 Cutlass Supreme Brougham. 2 dr, V8, automatic loaded, smog'd, immaculate, new tires/ brakes, recent engine/ transmission tuneups, no dents/ dings, 115K miles, one owner, maintenance records, $1,995. 562-8606

DOUBLE STROLLER, baby swing, high chair – all sorts of baby items for sale cheap. Please call. Great condition. Contact Rob – 401-7240.

VOLUNTEERS NEEDED AT T.E.A.C.H. CENTER in Lakeside Wednesday or Thursday afternoons to walk with horses and precious cargo. Horseback Riding for the Disabled. Call 596-2025 for information.

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To submit an ad use this form provided. MAIL to Forum Publications, Box 127, Lemon Grove CA 91946.

Name _____ _____ Daytime phone _____

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5-8¢/sq. ft. after that
We take VISA & M/C
718 Waimea Dr. El Cajon
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The Business & Services Directory
$50 for 4 weeks or $80 for 8 weeks.
Mail your copy to: P.O. Box 127, Lemon Grove, CA 91946

Thursday Classified Ad Coupon

Classification desired _____

Message

Name _____

Phone number _____

Your ad will run in all six Forum Publications newspapers. Send your check for $3 per line (30 characters and spaces) for each week with your ad to: **Forum Publications, Inc.**, P.O. Box 127, Lemon Grove, CA 91946

Subscription Coupon

❑ El Cajon Eagle ❑ Lakeside Leader ❑ La Mesa Forum
❑ Lemon Grove Review ❑ Santee Star ❑ Spring Valley Bulletin

I wish to subscribe to the newspaper(s) I have checked above. I understand that 52 weekly issues will be mailed to me for only $20.00 per year per newspaper (outside San Diego County in USA - $40.00). I am enclosing my check to start my subscription(s).

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Mail to: **Forum Publications, Inc.**, P.O. Box 127, Lemon Grove, CA 91946

Prep football

Southern teams make it rough on the North

by Marv Rosen

After getting their lumps from playing against non-league opponents,, teams in the Grossmont League took their shots at cross league matches with South teams taking out their losses by ruining North teams.

Only in non-Grossmont league games, did a South team lose as ranked Helix, lost a one-point game to Point Loma on Saturday,.

The North's El Cajon Valley ran into a hot Serra squad, losing, 41-7, adding to the South's missery.

The four South team's wins were led by Granite Hills, which overwhelmed El Capitan, 45- 7, and Valhalla, which smothered Santana, 28-0.

Then, Mount Miguel showed a strong defense and a potent running game, added its own work, beating Grossmont, 21-7.

To complete the sweep, Monte Vista continued West Hills' frustration on offense by blanking the Wolf Pack, 7-0.

In the Granite Hills game, which resembled a scrimmage for the Eagles runners, Levi Morales run around and through the Vaqueros for 181 yards on 32 carries while scoring two TDs.

As if to add to El Caps frustration, the Eagles also ran the kickoff back for another touchdown after El Cap scored its only TD in the second quarter, which had cut the lead to 21-7.

Against a winless Santana team, Valhalla, leading 7-0, turned a fumble on a punt attempt that sailed over the punters head into a score by Omar Garcia.

Then the Norsemen added a long scoring pass from Jake Ward to Aaron Hasten that measured an end to end 97 yards, with most of it done on the run by Hasten.

It only took about a minute more to complete the scoring, as Josh Crowder returned the next punt by the Sultans into a 57-yard dance into the end zone.

Mount Miguel improved its record to 3-1, by controlling the ball on offense built around the running of Vernell Stovall (125 yards, 12 attempts) and Montell Thomas (81 yards, 20 carries, 3 TDs).

The Matador defense had limited the Foothillers to 42 yards rushing and no passing yards in the first half, and with the Matadors scoring on their first possession of the second half, the 14-0 lead was more than sufficient, although a 51-yard screen play by Grossmont from David Jackson to John Mansour did cut the lead to 14-7 with less than 10 minutes remaining the game.

The Mount Miguel offense then showed it was equal to the task by running the ball for a score, built around a 51-yard run on a draw by Stovall and the score by Thomas with about one minute remaining.

Monte Vista completed the south's "sweep" by scoring a first quarter touchdown and holding on to win with that single score.

In the two non-Grossmont games, the seventh ranked Highlanders traded scores with the Pointers through three quarters.

Then Point Loma kicked a field goal,

added a touch down (point after failed) and, finally, another field goal with less than two minutes remaining to win the see-saw match, 30-29.

Senior quarterback Terron Franklin threw TD passes of nine and 18 yards and had touchdown runs of 85 and five yards by Jason Van for Helix.

In the Braves game againt Serra, the winners ran off 41 points, the first six touchdowns on runs, before El Cajon managed a face-saving touchdown near the end of the game on a 10 yard run.

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Winning at BMX nationals races a tough grind for riders

National BMX races are a full weekend event. Practice starts on Friday afternoon and is typically 15 to 20 minutes long. Practice will consist of riders within one or two years of your age.

Three or four rounds of practice are common, as the practice gives the rider a chance to learn where the obstacles are and how to get through them the fastest.

The riders will also learn how the starting gate falls and get a chance to try the eight possible lanes that they could be randomly assigned for their motos.

Three qualifying rounds must be completed before the main event. Depending on the number of racers signed up in your group (only room for eight riders on the gate) there may be quarters or semi-mains.

Tracks are usually between 1,000 and 1,500 feet long and consist of obstacles such as rollers, doubles, triples, tables, step-ups, step-downs, and banked turns or berms.

The object is to come out of the gate as fast and hard as possible and give it all you got through the finish line. Obviously, starts are very important, but also are riding skills and strategy.

ESPN will air selected races from the Labor Day Grand Nationals on Wednesday and Oct. 21. These are scheduled for afternoon broadcast. Viewers will need to check their local listings for exact times.

Currently there are over 850 registered BMX racers in the San Diego area. A little under 10 percent of these are girls.

East County Prep Sports Schedule

(as available)

Tuesday, Oct. 6 – Tuesday, Oct. 13

(check with schools for times)

Tuesday (10/6) – *WATERPOLO*: Granite Hills at Helix, Monte Vista at Valhalla, Santana at El Capitan, Grossmont at El Cajon Valley. *GIRLS TENNIS*: Monte Vista at Mount Miguel, Granite Hills at Valhalla, West Hills at El Cajon Valley, Grossmont at El Capitan.

Wednesday (10/7) – *GIRLS VOLLEYBALL*: Helix at Valhalla, Granite Hills at Mount Miguel, Grossmont at Santana, West Hills at El Capitan.

Thursday (10/8) – *WATERPOLO*: Granite Hills at Monte Vista, Helix at Mount Miguel, El Cajon Valley at El Capitan, West Hills at Grossmont. *GIRLS TENNIS*: Mount Miguel at Valhalla, Monte Vista at Helix, Grossmont at West Hills, Santana at El Cajon Valley.

Friday (10/9) – *FOOTBALL*: El Cajon Valley at Monte Vista, Valhalla at Grossmont, Granite Hills at West Hills, Mount Miguel at El Capitan, Santana at Helix. *CROSS COUNTRY*: Monte Vista at Granite Hills, West Hills at El Cajon Valley at Harry Griffin Park, Helix at Mount Miguel, El Cajon Valley at El Capitan (Lindo Lake Park).

Monday (10/12) – *GIRLS VOLLEYBALL*: Helix at Granite Hills, Valhalla at Monte Vista, El Capitan at Santana, El Cajon Valley at Grossmont.

Tuesday (10/13) – *WATERPOLO*: Mount Miguel at Monte Vista, Valhalla at Granite Hills, El Capitan at Grossmont, Santana at West Hills. *GIRLS TENNIS*: Valhalla at Helix, Mount Miguel at Granite Hills, Santana at Grossmont, El Capitan at West Hills.

Note: West Hills home pool is at Santana.

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BMX *Continued from Page 1*

counts smooth and precision bicycle components.

She also notes that the Lemon Grove Bike Company that has maintained her bike in a superb condition by providing excellent parts and service.

Other East County participants in the nationals include Zack (age 11) and Daniel Finch (age 9) and Ryan Nelson of Lakeside. Nelson made to the final eight in the boys 14-year-old bracket.

John Markle, who operates the only East County facility in Lakeside said that about 30 riders from his track went to the finals, but only the two girls and one boy from Lakeside finished among the top eight who made the finals in the various divisions.

For more about BMX riders and what it takes to make it to the nationals, see article at left.

Sports/Rec Notes

Steele Canyon site of charity tourney

The 10th annual Diego County Medica/Dental Societies Golf Tournament to benefit the Wellness Community, San Diego (TWCSD) is scheduled for Oct. 16 at the Steele Canyon Golf Course in Rancho San Diego.

The tournament benefits the TWCSD which helps cancer victims in their fight for recovery by providing free psychological and emotional support in conjunction with conventional medical treatment.

Entry fee for the tournament, which kicks off with a 12:30 shotgun start, is $150 per person. For information, call Karen Osuna at the San Diego County Medical Society at 565-8888.

CIF to host sports symposium

The San Diego CIF announced recently that the second Sports Marketing/Athletic Administration symposium is scheduled to run from 7:30 a.m. to 2 p.m. on Oct. 19 at the San Diego county Board of Education.

The program is designed for school administrators, athletic departments personnel, booster club members and coaches. Included in the sessions are media coverage, fundraising, eligibility, medical care and fitness, playoff financing, hazing and liability among other related topics.

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